

YOU'RE NOT ALONE

Vol. 1

( A Poetry Journal of Spiritual Intrusion )

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## THE NIGHT OF JANUARY 31, 2022

Last night was a rough one  
with these voices entities  
it seemed like I was hearing more voices  
than just the one the female voice  
that I hear most of the time  
for a while it seemed like  
some kind of astral Grand Central Station  
in my bedroom  
as I was in bed trying to fall asleep  
but that wasn't going well

I kept hearing a whispery voice  
saying my name  
then I heard a voice say  
"it's not we who are trespassing  
into your dimension  
it's you who are trespassing into ours"

I didn't know what the hell to make of this  
and I think that's exactly the point of it  
it's a classic example of the riddle talk  
that these entities use  
but I admit I was thinking about the statement there for a few moments  
wondering how the hell  
I could be trespassing into their dimension

then off to my left side  
I heard a faint but rather sharp voice  
it had a sharpness to it  
and it seemed like  
it was speaking through a tunnel  
it had that kind of tunnel effect to it  
this is actually something  
that I've experienced quite a lot  
since I started hearing these voices  
it's very strange  
and it's a bit tricky to describe  
but I'll give it a shot

during last night's incident  
I was in bed hearing quite a few voices  
but there was this one voice  
off to my left side  
and it seemed like  
it was about two feet away from my bed  
about three and a half feet up in the air  
and this voice was coming through  
this specific spot  
it's as if the voice was speaking  
through a fix point in the room  
it had this tunnel effect  
or like it was speaking through  
a tube of some kind

I remember experiencing this  
a number of times in the past  
one time it was a voice  
that was speaking in one of my ears  
it seemed like this faint voice  
was literally down in my ear canal somewhere  
and I could hear his voice clear enough

and there have been a number  
of other occasions where  
I'll hear them from a specific spot in a room usually my bedroom  
and it goes further  
than just saying they're off to the left  
they're off to the right  
they're down near the floor  
they're up near the ceiling  
it's more like it's off to the right six feet  
and up in the air five feet  
it's like somebody took a pen  
and punched a hole  
through the fabric of our dimension  
and this voice is speaking through  
this little hole  
this little puncture n the space  
the empty air in my bedroom  
it's just one more  
of the strange and surreal ways  
that I've heard these voices

and last night was another rough one  
I think it took something like three hours  
for me to fall asleep  
I took quite a bit of sleep-aid  
but recently it's just not doing the trick  
it doesn't seem to be doing much at all  
I've had a lot on my mind recently  
I've been in some kind of mental fog  
for about two months now  
it could be a midlife crisis  
I'm starting to suspect this  
I've been having a lot  
of trouble sleeping again recently  
where I went most of last year doing fine  
without having to rely on the sleep- aid at all  
I'm back on it again  
but it doesn't seem to be doing very much  
and the kicker is this time  
is that it's not really these voices entities  
that are the cause of my sleeping problem  
it's this depression....this mental fog  
I keep thinking about things  
mostly things from my past  
lost friends.... lost relationships  
poor decisions  
that kind of unfortunate stuff  
I try not to  
but it's like a movie playing in my mind  
it's just there  
and it keeps going

I suspected at first  
that maybe it was these entities  
I know they can mess with a person's thoughts  
I've experienced quite a bit of that myself  
but I'm just not sure  
I don't sense that this is them  
I think this is just something  
that happened on its own  
but now these entities  
are definitely jumping in on it  
and taking advantage of the situation  
and last night was a rough one

it was one of those nights  
where I'm just thinking  
who would believe me  
if I tried to explain this to people  
and there I was in bed  
trying to fall asleep and failing to do so  
the voices were surrounding me  
praying for sleep  
to take it all away

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- 2/1/2022

## MORE BRIGHTLY LIT

Last night as I was in bed  
surrounded by these voices  
for a bit there  
it felt like I was on some examination table  
and they were surrounding me  
observing me  
all a part of some kind  
of strange experiment  
and I knew they could see me  
I knew that they could see  
into our dimension  
they told me that they see me  
but I rarely ever see them  
though there have been  
incidents in the past  
it hasn't happened in a while  
but a few years ago  
earlier on in my situation  
I would often look up  
and see a form ....an outline of a body  
it was a bit shadowy  
but mostly transparent  
I could see through it  
it wasn't an entire body  
it was more where  
I could see the outline  
of an upper body  
chest ...shoulders ...head  
I couldn't see any specific details  
I couldn't see eyes or a face or a nose  
but the outline was definitely there  
and it seemed like  
it was just floating there in front of me  
that was the strange thing about it to  
it was floating  
it wasn't like it was standing in front of me  
it was floating  
and I would just see it for a few brief moments

and then it would be gone

this would happen quite often  
it happened a lot when I was at work  
and I would look up from my desk  
and there would be the shadowy form  
right there in front of me  
I don't know if it was the lighting in the office  
this tended to happen in places  
that were more brightly lit  
so there have been occasions  
when I've seen them  
the source of these voices  
I've also experienced  
seeing orbs on occasion  
and patches of mist ...or smoke  
that seemed to dart out  
in front of me ....across the room  
I've seen that a few times  
I've seen little sparks of light  
circling around in the air  
that only happened once  
but it was a very powerful experience  
so I'm not really sure  
what their true form is  
perhaps they're letting me see  
only what they want me to see  
I'm not sure  
but I have seen them on occasion  
I hear them far more ...far... far more  
so while I can't say  
that I can put a face  
to each voice I've heard  
in someway  
I have seen them

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- 2/1/2022



## THREE HOURS

Three hours of sleep  
that's all I got last night  
I struggled through the day at work  
feeling half awake  
three hours of sleep last night  
the rest of the time  
I was hearing the voices  
I was hearing them  
and I was feeling them  
feeling their presence  
feeling them moving on me  
whoever calls this a hallucination  
I wish that they could experience it for a night what can I tell you  
I still find it difficult  
to wrap my mind around at times  
but these were not hallucinations  
these were the entities  
that talk and talk and talk  
night after night after night  
day after day after day  
they just keep on talking

some nights  
it doesn't get to me so much  
and I don't have too much trouble  
falling asleep  
some nights I win  
though the victory is never perfect  
but some nights I lose  
last night I lost  
and today the voices  
were kicking my ass all day  
when they get you worn down  
when they get you tired  
that's when they can really kick your ass  
and you better believe  
that they know this

that's why they talk and talk and talk  
throughout the night  
they want to keep you awake  
they want to deprive you of sleep  
they want you to be weakened  
so they can kick your ass  
well I got my ass kicked today  
that's how it goes with this situation  
some days I win  
though the victory never looks perfect  
but some days I lose  
some days I get my ass kicked  
like today  
I deal with it  
each loss will make me stronger in the end  
I can only hope

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- 2/3/2022

## INSIDE MY ASTRAL FIELD

This afternoon  
while I was waiting  
to cross a busy street  
I heard the female voice  
the one that calls herself Crystal  
say something like  
“there are fifteen spirits  
living inside of your astral field”

this is actually nothing new from Crystal  
I’ve heard this quite a lot  
over the years since this all began  
there have been times  
when I thought to myself  
where is she ?  
where is this spirit ?  
and since she can hear my thoughts  
it’s essentially like  
asking her a question directly  
so I’ll often hear her voice reply  
“I am inside of your astral body”  
or inside of your “astral field”

and there have been times  
when I thought to myself  
which again .....

it’s essentially the same thing  
as asking her a question directly  
how is she able to do this?  
how is it that I can hear her voice  
when no one else around me can?  
how is it that I can perceive her  
feel her presence  
in a physical way like this ?  
how is she doing this ?  
and then I’ll hear her voice reply  
“ I got inside of your astral body”

“ I got inside of your astral field”

just as a kind  
of personal defense mechanism  
I take everything that I hear from Crystal  
with a grain of salt  
but I will say  
that with this  
this has been  
a pretty consistent answer from her  
this is something  
I've heard from her multiple times  
spanning a few years  
since it all began for me  
back in 2015  
does this mean  
that she's giving me an honest answer here  
I don't know  
I don't rule out the possibility  
even though I take everything that she says  
with a grain of salt  
I'm not saying that everything is a lie

in fact ....aside from being  
quite masterful at the deceiving  
she's also deviously skilled  
with manipulating the truth  
bending the truth  
twisting it to serve her agenda  
so I'm not saying  
that everything that she says is a lie  
it's just that she has deceived me so much  
and tried to manipulate me so much  
that I'm not really sure  
if I would even recognize  
the truth from her if she spoke it  
it would be like looking for a needle of truth  
in a haystack of lies

so is she inside of my astral body  
my astral field  
is this how I'm able  
to perceive her like this  
I don't know

all I can tell you is  
that from her  
it's been a pretty consistent answer  
so far

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- 2/4/2022

## THIS DREARY WINTER

This morning was a rough one  
the despair seemed to hit me  
like a ton of bricks  
the depression  
maybe it's the weather  
I don't know  
I hope that's all it is  
it's the middle of winter  
cold ....dreary  
it's been getting to me  
the overthinking was getting to me  
reflecting on the past  
but not in a good way  
I got my ass kicked this morning  
but it wasn't the voice is kicking my ass  
I was kicking my own ass  
in some ways  
this is tougher to deal with  
in some ways  
at least with these voices entities  
the source..... the cause  
it's not me..... it's them  
there's things I can do then  
I can try and ignore them  
I can just brush off  
everything that I hear them say  
as bullshit lies ....manipulation  
but when it's my own mind sabotaging me  
I'm not nearly as good  
at handling that  
how do I stop the overthinking  
how do I get rid of the memories  
they just keep coming back

the voices jump in of course  
and kick me when I'm down  
but it wasn't them  
kicking my ass this morning  
I was kicking my own ass

and sometimes that's harder  
for me to deal with  
but I'll tough it out  
I'm sure this will pass  
this dreary winter will end  
eventually the spring will come back  
because maybe  
it is just the weather getting to me  
the cold ..the snow.... the ice  
the dreariness of it all

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- 2/5/2022

## THE BARGAIN

A few times

I've tried to make a bargain

with this entity attachment

the female voice

that calls herself Crystal

she's the only one

I still consider attached to my life

I hear other voices on occasion

but they don't stick around anymore

and over time

the incidents of hearing them

have become less and less frequent

but Crystal ....Crystal is a whole different story Crystal still here every day

Crystal has been here

practically since the beginning

I first heard Crystal's voice

in February of 2015

on my EVP recordings

this was the second and final month

of my recording endeavor

her voice sounded just the same then

as it does now

and it's accurate to say

that I've heard her voice

to one degree or another

every day since then

her voice started to become

a frequent presence on my recordings

even then it stood out

among all the other voices

and when I started hearing

some of the voices outside of the recordings when I was stricken

with this hijacked-clairaudience

Crystal's voice was always present

she was one among many voices

that I was hearing back then

but it's accurate to say



that she was the main voice  
it seemed to me  
like she was the ringleader  
the main instigator

over time  
many of the voices went away  
it reached a point  
where I was just hearing  
maybe two or three on a regular basis  
this went on for a while  
and then it reached a point  
where there was just Crystal  
there was just Crystal's voice here

yes..... occasionally  
other voices would pop in it seemed  
but unlike in 2015  
they didn't stick around all the time  
only Crystal did  
and in my frustration  
with this whole situation  
I tried to make a bargain with Crystal  
I know that this is a bad idea  
but when you're dealing with  
this kind of situation  
sometimes you get desperate  
and you feel like trying just about anything

I told her that I wouldn't mind it  
if she just stopped in now and again  
maybe a few times a week  
I would be nice to her  
I wouldn't talk shit on her  
which she accuses me of doing a lot  
I would be ok with the situation  
I would be fine with  
it it's not so much  
hearing her voice that troubles me anymore  
I'm used to that by now  
it's hearing it this much  
it's her constant presence

yes.... things have improved in these days

I'm able to direct my focus  
onto something strong enough  
where maybe I'll get a few hours  
without hearing her  
but that's it  
I'm still hearing her  
quite a lot every day  
especially at night  
and even when I'm not hearing her  
I know she's there  
I can still feel her presence  
this is the big issue  
this is where we collide  
and she's always accusing me  
of talking shit on her  
which I find ironic  
because primarily what she seems to do  
is talk shit  
it seems like the focus of her very being

so I proposed the offer to her  
that I will be nothing but nice to her  
I won't talk shit  
I won't have an attitude with her  
but she's got to give me some space  
she has to respect my personal sovereignty  
if she wants to stop by  
a few times a week  
I would be fine with it

again ...I know it's not a good idea  
to try and make deals like this  
but yes ....sometimes  
things do get desperate  
but it never does any good anyway  
Crystal never accepts my proposal  
she doesn't care if I'm ok with the situation  
she doesn't care what I feel about it  
when I ask her why is she doing this  
she'll most often say either  
that she's punishing me for my sins  
or something like that  
or that being attached to my astral body  
allows her to exist on this planet

and that's what she wants  
my personal sovereignty  
my personal space  
my sense of privacy  
my sense of individuality  
these don't mean a damn thing to her  
so it doesn't look like there's going to be  
any bargains.... any deals made  
but I'll keep trying  
to take my sovereignty back  
if I get a few hours without hearing her voice  
I'll keep working to make it a few more hours and more and more  
to push her into the background  
as much as possible  
but the term attachment is no lie  
that's exactly what it is  
it's not always Crystal  
being literally attached to my body  
in a physical way  
more than that  
she's attached to my life  
she's always there  
and she doesn't make bargains

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- 2/5/2022

## IT'S UNFORTUNATE TO SAY

It was another brutal morning for me  
the depression really hit hard again  
depression ....despair  
whatever this is  
some kind of mental fog  
maybe it's a midlife crisis  
to my surprise the female voice... Crystal  
hasn't had too much to say so far today  
I suppose in a sense  
she's been pushed aside  
for these past few months  
her presence  
and the presence of the other voices  
have been the biggest problem for me  
Crystal has been the main tormentor  
but now it's not her  
that's tormenting me the most  
it's whatever this is  
this mental fog  
this depression  
it pushed her into the background  
yes there have been  
many occasions recently  
when it seems like she was  
taking advantage of the situation  
jumping in to kick me when I'm down  
but still it was secondary  
to this mental distress  
this despair  
and today ....even though  
I've heard her voice  
she's not really saying much  
she's not kicking me when I'm down today  
at least not yet

but to be honest  
I almost wish things were back  
to how they were before  
where she is the number one problem for me

at least then  
I can look at the situation  
in a different way  
a way that makes more sense to me  
there is this outside presence  
that is tormenting me  
that's intruding into my life  
that's a bully essentially

I can defend myself  
I can stick up for myself  
by a number of means  
but this mental fog is different  
this feels different  
it doesn't feel like  
it's coming at me from the outside  
from an external source  
this is all stuff that's from within  
bad memories  
opportunities wasted  
relationships lost  
that kind of thing  
it's all been going through my head  
these past few weeks ....continuously  
it seems more complicated  
than my situation with Crystal  
with Crystal it's me  
standing my ground against an intruder  
but this despair  
this feels like something else  
is eating away at me from within  
and I'm not quite so sure  
how to fight it

I just hope it passes soon  
then maybe Crystal  
will go back to being  
the number one tormentor in my life  
it's unfortunate to say  
but at least that would make more sense to me

\*\*\* 2/6/2022

ONE OR TWO OF THEM ? ? ?

Last night  
as I was laying in bed  
trying to fall asleep  
I felt the presence of this entity attachment  
land on my chest  
actually it felt like  
there might have been two entities present  
I felt a presence land on my chest  
and then I felt another presence  
land on my legs  
this is actually something  
I feel quite often  
a presence that just seems  
to land on me  
there's some weight to it  
not a lot  
but it's unmistakable  
it's mistakable that there's something there something has literally just landed on me

last night it seemed like two  
but I was only hearing  
the same female voice  
the voice that calls herself Crystal  
and what was strange about it  
was that I was hearing her voice  
coming from my kitchen  
down the hallway from my bedroom  
that's where the sound  
of my heater was coming from  
so even though I was feeling the presence  
right there..... right on me.... on my body  
her voice was being projected  
through the sound across my apartment  
it was strange  
and it's strange every time it happens  
I can't be certain  
that there were two entities  
it just seemed like that

but it's very tricky  
to try to get a sense with this sort of thing  
when I feel this physical presence  
it can be different each night  
it can change form  
the presence could be something  
very small.... tiny even  
or it could be something larger  
last night it felt larger  
and it's not like something familiar  
something that you can recognize  
it's not like a cat jumping up on your bed  
and walking on your chest  
or a dog  
then you would be able to recognize  
what it was  
by just how it felt  
by the features  
this isn't like that  
this isn't something nearly so recognizable  
and even though  
I've experienced this many times before  
I can't make out a leg  
an arm..... a head  
those kind of features  
so I'm not sure  
if there was two entities present last night  
or just Crystal

sometimes when I have felt  
this larger presence in a physical way  
I've heard Crystal say  
that she's expanding her energy  
but there are times  
when I felt her presence  
and it was very small  
something as small as a marble  
there has certainly been variation  
to these physical sensations  
perceiving the physical presence  
so maybe she is  
expanding her energy  
to one degree or another

needless to say  
this was quite an annoyance  
when I was trying to sleep  
but luckily  
it didn't keep me awake for too long  
and I had the best night of sleep  
that I've had in a little while now

I'll take that for what it's worth

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- 2/7/2022



## IT'S NOT ALWAYS WHAT THEY SAY

It's not always what they say  
it's not always how they sound  
though at times  
they can sound quite terrifying  
no ..it's not always what they say  
you can desensitize yourself to that  
you can not give a shit what they say

more than that  
it's that they keep talking  
they keep talking  
the voices just keep talking  
they don't call it a night  
at the end of the day  
they don't take a break  
they don't need to rest  
they don't need eight hours of sleep  
they don't stop for breakfast  
lunch or dinner

if you go somewhere  
they'll go with you  
and they don't stop talking  
no ....it's not always what they say  
or how they sound  
it's that they keep talking relentlessly  
without any consideration  
without any compassion  
without any mercy

it's not that a single encounter  
might be so frightening  
it's that the encounter keeps on going  
and going ....and going  
in the morning when you awake  
you'll hear their voices talking  
throughout the day  
you'll hear their voices talking  
at night when you're in bed

trying desperately to fall asleep  
you'll hear their voices talking  
no ...it's not always what they say  
not at all  
it's that they'll keep saying it  
hour after hour  
day after day  
week after week  
month after month  
and so on  
there's the struggle  
there's the difficulty

for myself  
the first step was not giving a shit  
about what they say  
about any of it  
whatever I heard from them  
from these voices  
I knew it was a lie  
a deception  
some attempt at manipulation  
whatever I heard  
I took with a grain of salt  
but they kept talking  
and they kept talking  
they were relentless  
they were without mercy  
moment after moment  
so that's the struggle  
that's what I had to take back from them  
brief moments here and there  
where I can tune them out  
and not hear them  
an hour here and there  
and when I experience silence sometimes  
it seems like the silence itself is deafening  
and so my struggle goes on  
I no longer care about what they say  
it is my struggle  
to reclaim my time  
this time .....this life  
to reclaim it from the voices

\*\*\* - 2/8/2022

## THE OLD GANG

A couple of months ago  
I shared my story with an old friend  
this was a friend  
I've known for many years  
she lived down the street from me  
when I was growing up  
we went to high school together  
we hung out in the same circle

I was a bit nervous about this  
I wasn't sure if she would believe me  
she remembered  
that something happened to me  
back in 2015  
she remembered  
that I was acting strange back then  
but she didn't know the details  
and I started to become isolated  
so we lost touch for a few years  
I sent her a written account of my story  
excerpts from some of my journals  
where it spells everything out  
how I started hearing voices  
after I was doing EVP's recording a lot  
during the winter of 2015

yes ...I was a bit nervous  
sharing this with her  
this was the first of my old friends  
that I told about my situation  
in any real detail  
since 2015  
I've met quite a few others  
who have also started hearing voices  
just like I did from EVP  
or some other form of spirit communication  
and I talk with them quite often

but it's online  
none of them live near me  
I've never met any of them face-to-face  
we're very close.... some of us  
but this old friend I shared my story with  
is someone from my immediate world  
here where I live  
someone who knew me  
for years before any of this ever started  
I'm still a bit nervous about it  
because I haven't heard anything from her  
I told her that I don't expect her  
to give me any kind of reply really  
I understood that it's a very bizarre story  
I told her  
you'll either believe me  
or you just think I'm crazy  
that I finally lost it  
she assured me that she would believe me

there's been a few times since  
I sent the journal to her  
where I wanted to reach out to ask her  
if she's read the account yet  
I wanted to ask her if she believed me  
but I stopped myself at the last minute  
and I still haven't heard back from her  
but yes....I told her she didn't have to reply  
I guess part of me is just hoping that she does  
I guess part of me just wants some assurance that somebody from my past  
an old friend  
believes me  
but I also told her I just wanted  
somebody from the old gang to know  
I know I've stayed away for a while  
and if my name ever comes up  
in a conversation among my old friends  
I just want her to know  
he hasn't been around as much  
but he's dealing with something  
he's had his struggles

part of me would very much like  
to hear back from her about it

but either way  
at least one of my old friends knows  
that was something that was important to me  
I don't expect her to understand it  
and if she doesn't believe it  
that's fine with me  
as long as she knows  
as long as somebody  
from the old gang knows

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- 2/9/2022

## HEARING VOICES AFTER EVP : 2/10/2022

Back in January of 2015  
something came over me  
something compelled me  
to try and record EVP  
I had been interested in the paranormal  
on and off for many years  
but it never went beyond reading books  
or watching TV shows  
or reading things about it online  
I had never tried  
to actively investigate the paranormal  
I had never tried  
to actively communicate with spirits  
or have some kind  
of paranormal experience

at that time  
something just came over me  
something compelled me  
to start recording  
and I did I didn't hear a damn thing  
for the first two weeks  
nothing at all  
now my interest in the paranormal  
had always been somewhat off and on  
so looking back now  
I'm surprised that I stuck with it  
those couple of weeks  
when I was hearing  
nothing at all on my recordings  
but for some reason  
I kept going ....I kept trying  
I often wonder  
if I had gone another week  
without hearing anything  
if it was three weeks  
would I have given up  
and been spared the horrors  
that were to follow

finally I did hear something on my recordings one afternoon in the middle of January  
I did a recording session  
went back and listened to it  
and I heard voices on this recording unmistakable voices  
and not only that  
they were speaking to me  
they were answering the questions  
that I asked  
this really went to my head  
my curiosity ....my fascination  
went through the roof  
I was hooked now  
there was no way I was giving up  
this was real  
and I wanted to learn more about it  
I wanted to experience more

within a matter of days  
everything seemed to change  
suddenly I went from hearing nothing  
on my recordings  
to hearing many voices  
many voices  
it was like a veil had been lifted  
and now my recordings  
were suddenly alive with voices  
some were clear  
many were faint  
and I wanted to hear  
what the fainter voices were saying  
so I listened.... I listened very hard  
very intensely  
I listened deep down into those recordings  
to try and make out  
what those fainter voices were saying

it reached a point  
where I could communicate with them directly  
I would ask questions  
then go back and listen to the answers  
I did this night after night that winter  
often for hours at a time  
I couldn't believe what I was experiencing  
it was more than I ever expected

and at first I felt no danger  
no threat from these voices  
that I was communicating with  
from these voices that I was hearing  
on my recordings

to me they seemed friendly enough  
and they very much seemed interested  
in talking with me  
there was a sense  
of personal discovery about it all  
I felt like I had discovered something  
that I was experiencing something  
that few people ever get to experience  
and you bet ....the curiosity... the fascination  
it all went to my head  
and I kept on recording  
and I kept on listening deeply ...  
intensely

then into the second month of recording  
things started to change  
I started to notice voices on my recordings  
that were not quite so friendly  
I began to hear insults  
critical statements about me  
even threats  
one night I heard a very powerful voice  
warn me to stop recording  
but I didn't listen  
I didn't know what this warning meant  
I just remember being amazed  
at how clearly the voice sounded

as the days went by  
more of these negative voices  
appeared on my recordings  
I began to be troubled by this  
but the friendlier voices were still there  
so I kept going  
I tried to just focus on them  
but this became harder and harder to do because these negative voices  
became more and more of a presence  
and it soon reached a point



during the end of the second month  
that the negative voices  
started to dominate everything  
they were now  
the majority of the voices that I was hearing  
I became even more troubled by this  
but I kept going  
I was still fascinated by all of this  
and I had no sense  
of what the danger could be  
no sense of what it looked like  
I thought that if I just stopped recording  
then that was it  
if things went bad  
I would just give it up  
I'll just stop recording  
then I'm out.... I'm safe  
I was very wrong about that ...very naïve

one day while I was at work  
in the end of February 2015  
I started hearing  
some of the same negative voices  
out of the blue... I started hearing them  
with just my naked ears  
I wasn't doing a session  
I was at work  
and here they were talking to me  
in the middle of the day  
and I recognized these voices  
they were the same negative voices  
that I had been hearing so much  
on my recordings  
I was deeply disturbed by this to say the least  
but still I kept recording  
I thought that maybe  
I could straighten things out with these voices find out what their grievance was  
and find a resolution somehow  
but this changed nothing  
I began to have more and more experiences  
of hearing the voices ...the negative voices outside of the recordings  
finally I had enough  
I decided that I was quitting  
I was not going to record anymore

I was done with this  
I was walking away  
what seemed so fascinating at first  
was now becoming something terrifying  
I had never heard voices like this before  
never in my whole life

these negative voices  
were not just on my recordings any longer  
they had emerged from out of the recordings  
now I was hearing them  
beyond the recordings every day  
for about a month things kept escalating  
and escalating  
until they hit me full force  
until I started hearing them all of  
the time they were bombarding me  
harassing me  
tormenting me nonstop  
around the clock ...day and night  
they never grew tired  
they just kept tormenting and tormenting  
it reached a point  
where I could hardly sleep  
where I could hardly eat  
I had to call out of work  
my world was falling apart  
these voices... these entities  
whoever they were  
whatever they were  
they were relentless  
they showed no mercy

back when I was recording  
I never thought  
anything like this would happen  
I never knew  
anything like this could happen  
when that voice warned me that one night  
I didn't even really take it into consideration whatever the danger was  
it was referring to  
I thought if I just walked away  
it would be over  
that I would be safe then

but I was wrong  
I thought the voices  
were only on the recordings  
that they were contained on the recordings  
I was wrong ...very wrong

and so a long  
and desperate struggle began  
to a degree  
it's still going on today  
but I'm back on my feet now  
and I no longer feel  
like my world falling apart  
at least one of those voices still remains  
it is still with me  
it's a voice I first heard  
on recording back in 2015  
the same voice  
the exact same voice  
it sounds exactly the same  
it's a female voice  
she tells me that her name is Crystal  
I still hear Crystal's voice every day  
she's attached to my life  
I don't fear her anymore  
but she's still here  
a voice that came out of the recordings

\*\*\*

- 2/10/2022

## WHEN IT FEELS LIKE SPRING

It was a rough morning  
I don't know why  
it's the middle of February  
but the weather is very nice  
it feels like spring  
I don't know if it's going to last  
but it's a lovely day  
it's the last Saturday  
I'm going to have off from work  
in a while  
starting next week  
I'm back to six days a week  
it seems like it should have been  
a good day for me  
all things considering  
but the depression started  
to hit me this morning again  
this dark cloud of depression  
that's been hitting me  
for going on three months now

around mid morning  
I got back in the bed  
figuring I would just rest for a while  
as soon as I got in the bed  
I felt the presence of this entity attachment  
I felt the sensations  
mostly it was that strange vibration sensation  
that I've been feeling going back  
to the beginning  
it doesn't feel like I'm vibrating  
it feels like there's something on me  
on my body  
a presence that is vibrating  
it's one of the more common sensations  
that I've experienced  
throughout this whole ordeal  
I started experiencing this  
back in March of 2015  
about a week or so after  
I had my first incidents of hearing the voices outside of my EVP recordings

I don't remember exactly  
when the first incident was  
but I remember vividly  
a few occasions where  
I would wake up in the morning  
and would feel it  
I would feel the vibration sensation on my body and then I remember one evening  
laying on my couch  
watching television  
and experiencing it  
all of a sudden ....around my stomach area  
I felt this very intense vibration  
and it's been one of the more  
common sensations  
that I've experienced ever since  
it's not the only sensation  
I've also experienced jabs  
pinches ....a slight gnawing feeling  
and many more I'm sure  
but this vibration sensation  
this one's been here all along

well I did manage to fall asleep  
for a couple of hours this morning  
despite feeling this presence  
I managed to fall into a deep sleep  
and when I woke up  
there it was ...like it had never stopped  
this presence  
and the voice was there as well  
the female voice.... Crystal  
all of this certainly did nothing  
to help with my depression

recently I've been thinking  
about my friends from the past a lot  
the old gang that I went to high school with  
I've been wondering about them  
many of us keep in touch  
but I've drifted away from many others  
I've been wondering about their lives  
and just thinking how  
it compares to my own  
how there's this very bizarre

situation in my life  
I've only shared my story  
with one old friend so far  
and I'm not really sure  
if she believes me  
I'm just afraid that they won't understand  
they'll just think  
that I finally lost my marbles  
but I didn't  
I know that this is really happening  
I know that Crystal  
whoever she is  
whatever she is  
a spirit ....a demon ....whatever she is  
I know that she is real  
and in many ways  
my life has been very surreal  
these past few years since it all started  
I've managed to hold on  
I've managed to hold on to  
my day-to-day world  
but I suppose  
that I missed out on a lot as well  
I think that's what's been hitting me recently  
I keep thinking about  
what if I made different choices  
what if I didn't make so many  
of the terrible mistakes that I've made  
how would my life be different  
what would I be doing on a day like today  
when it feels like spring

\*\*\*

- 2/12/2022









## OVER THE HORIZON

Last night when I got into bed  
I began feeling  
a slight movement underneath my pillow  
and then I heard Crystal's voice  
it seemed to be speaking  
from down the hallway  
it was projected over the sound of my heater  
I heard her say  
"I am underneath your pillow"

something like this happens  
almost every night  
but it was strange  
to feel her presence one place  
yet to hear her voice  
sound as if it's coming from all the way  
across my apartment  
I suppose she's using sound waves in some way manipulating the sound waves  
this reminded me of something  
that I experienced  
in the beginning of April 2015  
during what I call "my two weeks of hell"  
this is when my attachment situation  
was at its terrible peak  
the worst it's ever been  
this is when the voices  
first started coming at me constantly... nonstop and they were relentless

there were a few occasions  
during this two weeks  
when I would be outside smoking cigarettes  
in some desperate attempt  
to calm my nerves  
and I would hear the voices speaking  
and they would sound loud and clear enough  
but just something  
with the way they sounded  
they sounded like  
they were originating from over the horizon

off in the distance  
sometimes it was just a few voices  
I remember hearing Crystal's voice  
during one of these incidents... very distinctly  
it seemed to rise above  
the other voices

there was another incident  
where it seemed like many voices  
a whole crowd of voices  
hundreds... maybe thousands  
and they sounded  
like they were over the horizon  
and I could still hear them very clearly  
it sounded like they were getting closer  
it seemed like some army of demons  
was approaching  
getting closer and closer

last night's incident  
wasn't quite as dramatic  
but it brought back some memories  
from those bad days  
those nightmarish days  
how I'm glad those days are gone

\*\*\*

- 2/13/2022

## HER NAME

As I've been writing about here  
I've been in something  
of a mental fog recently  
it's now going on the third month  
it's a kind of depression  
a feeling of despair  
I think it might be a midlife crisis  
it involves a lot of thinking about the past  
it's like my subconscious  
brought up all these old memories  
from some dark vault inside my of mind  
these are memories of lost friendships  
lost relationships  
memories that I would much rather forget memories that I haven't thought about  
to this degree  
with this much detail  
in quite a long time  
probably not since the events happened

I've been thinking  
about a lot of things from the past  
not that I want to  
but it just keeps playing  
over and over in my mind  
like a movie that I can't get away from  
I don't think this spirit attachment  
the female voice.... Crystal  
is the cause of this  
if she had the ability to cause this  
I wouldn't put it past her  
but I just get the sense that  
this is something that happened on its own  
but in many ways  
she's certainly jumping in  
and taking advantage of the situation

one thing that I've been thinking about  
is an old girlfriend  
an old girlfriend that I was in love with  
but the relationship fell apart

I was young  
and very immature at the time  
I made some stupid mistakes  
and I was left with a broken heart  
at young age  
I don't think I really ever  
completely got over it  
I just pushed it down in my memory  
buried it deep in my mind  
occasionally through the years  
I would think about her  
but it was mostly just a passing thought  
it felt like something was telling me  
you don't want to go there  
you don't want to bring back these memories

when I thought about her over the years  
I was mostly just remembering  
my feelings for her  
I didn't think a lot about  
how our relationship fell apart  
how it ended up causing me  
a lot of heartache  
it was almost as if  
I had forgotten that part of it  
but in my heart ....I didn't  
that's what I discovered recently  
these painful memories are still there  
and I'm amazed at how  
I can remember so many of them  
these are memories  
that I don't think I thought about  
since these events occurred  
yes it was as if they were buried in my mind

when this all started  
it seemed like whatever vault in my mind  
that these memories were hidden away in  
broke open  
and all of these memories  
came to the surface  
I've been trying to get rid of them  
to push them out of my mind  
but it's been very difficult

these thoughts  
just keep hitting me over and over  
and this relationship from my past  
was something that I never heard  
any of the voices talk about  
these past few years  
probably because  
I had hidden these memories away  
but now that they're back  
now that I'm thinking about them again  
Crystal is very much aware of it

for the past few days  
I've been hearing her  
speak the name of this lost love  
speak the name of my old girlfriend  
she's been telling me things about her supposedly things she that felt about me  
or thought about me  
both good and bad  
of course I can't believe Crystal  
it's clear to me  
that she's trying to mess with my head  
so it's just making it all  
that much more difficult for me  
to get through this  
to put it behind me  
I'm not surprised  
that Crystal would do this  
mind games are her specialty fter all  
and I've known this from the beginning

\*\*\*

- 2/13/2022

## YOU'VE EARNED IT

I've still been having  
a bit of trouble sleeping recently  
I'm still going through this depression  
this mental fog  
though it seems to slowly be getting better  
I think I'm finally  
starting to emerge from it  
whatever the hell it was  
but it's not gone completely yet  
and I'm still having trouble  
sleeping at night sometimes  
and when this happens  
it's usually because I'm still overthinking  
all of these thoughts  
just keep going through my mind

I don't think this spirit attachment  
is the cause of this  
but she's been taking advantage  
of the situation at times  
the one I hear as a female voice ....Crystal  
but last night it seemed  
like I had some company  
it was one of those nights  
that I don't experience too often anymore  
where it seems like  
there's multiple voices present  
it seemed like  
there was a crowd in my bedroom  
I kept hearing them whisper my name  
this is more how it was  
back in the early days  
back in 2015 and 2016  
usually I'm just hearing Crystal's voice  
but every now and again  
these other voices just seem to show up  
but unlike 2015 or 2016  
they don't stick around  
by morning they are gone  
and only Crystal's voice remains

so last night  
got a little surreal for time  
I wasn't scared  
I wasn't freaked out by it  
those days are long gone  
this is all stuff  
that I've experienced before  
and even though  
it doesn't cause me to be afraid  
sometimes it still seems  
so surreal to me  
sometimes it really hits me  
what a strange situation I find myself in

sometimes I find myself thinking  
if only one of my friends  
could experience this for just one night  
maybe they would believe me  
maybe they wouldn't think  
that I am so strange after all  
but in truth  
I would never wish this sort of thing  
upon another  
it would be nice to be believed  
but I would never wish another  
to have to go through  
anything like this  
if they believe me ....that's great  
if they don't ....I'm used to that  
you have to adapt to a lot of things  
in this kind of situation  
you have to be strong  
you have to find strength  
that you never knew you had  
and even though  
it's still rough at times for me  
there's no doubt in my mind  
that the situation has made me stronger  
and once you gain this strength  
it's yours ...you get to keep it  
the spirit attachments can't take it away from you you've earned it  
\*\*\* -2/15/2022

## IT'S LIKE BEING PUNCHED BY A VOICE

Last night  
things went a little better  
I managed to fall asleep  
fairly quickly and fairly easily  
however before I fell asleep  
the spirit attachment Crystal  
hit me with what I call a "shout attack"  
this was a strong one last night

this is when she'll shout  
very loudly ...very quick very... suddenly  
usually it's right in my face  
or right into one of my ears  
or sometimes it seems more internal  
like a voice shouting in my head  
last night she shouted into my right ear  
and I remember that  
it sent a jolt all through my body  
I believe that it literally caused me to shake  
if it had been a little stronger  
I wouldn't be surprised  
if I fell out of bed  
it was a powerful one  
it was definitely Crystal's voice  
I recognized it immediately

a strange thing about these shout attacks  
is that when I experience them  
her voice actually sounds clearer in a way  
I mean I don't think  
she's usually saying anything  
when she does this  
when she shouts like this  
though last night  
I think she said a word or two  
it might have just been "hey!"  
I don't remember her exact words



it happened all so quickly  
but sometimes  
like last night's incident  
her voice sounds clearer  
more normal in a sense  
more like a regular human voice  
don't get me wrong  
her voice all in all  
sounds like a regular human voice  
her voice sounds like that  
of a young woman  
it's not a child's voice  
but a young woman's voice

however when she's speaking  
I notice that there's usually  
this high pitch quality to her voice  
it's quite a bit higher pitch  
than an average voice  
in a sense  
while on the one hand  
her voice does sound very human to me  
it's still different  
because of this higher pitch  
but when she shouts  
that higher pitch is gone  
and her voice sounds much more  
like a regular voice  
sometimes it's literally as if  
there was an in the flesh human being  
right there  
standing beside my bed  
shouting right into one of my ears

I experienced another one  
of these shout attacks  
earlier in the week  
and actually I would say  
she's been using this old tactic again  
more and more recently  
not to the degree that it was  
a few years ago  
I believe it was 2019  
and then maybe into 2020 a bit

where this was  
her main tactic of harassment at night  
when I was in bed  
trying to fall asleep  
she would hit me with these shouts  
repeatedly... night after night  
for months on end

the shouts are very quick.... very sudden sometimes she might be saying  
a word or two  
sometimes I don't think  
she's saying anything at all  
she's just shouting  
I suppose I'm lucky in a way  
that she doesn't seem  
to have the ability  
to shout out complete sentences  
then this would be  
a much bigger problem

usually when I experience  
one of these shouts  
there's a pause between the next one  
usually a few minutes at least  
I suspect that to do this  
Crystal has to exert  
quite a bit of energy so  
it's not like  
she's continuously shouting at me  
but there have been many nights  
where I get hit with multiple shouts  
spaced out every few minutes  
it seems when I get hit  
with the really powerful ones  
there's a longer pause  
between the next one or  
sometimes the shouts will be weaker  
but they happen in quicker succession

I'll give her this  
it's a damn effective tactic  
I don't believe  
there's really any countermeasure with this one when I'm just hearing her voice  
in the regular manner

I can at least sometimes tune it out  
but there's no tuning out  
a shout like this  
when it hits you  
I've often described it  
as being punched by a voice  
in the way I feel  
that's exactly what it's like  
in a way there's a kind of violence to it  
because I usually have a physical reaction  
it sends a jolt... a shiver  
right through my body  
yes ....she might be  
starting to use this tactic  
more and more  
I only got hit with one shout last night  
but I've been getting hit with them  
at least a few nights a week  
for the past few weeks

it seems last night I was lucky  
and I managed to fall asleep  
fairly quickly regardless  
but sometimes I'm not so lucky  
the battle for sleep continues  
it's been a very long battle  
a long and wearisome one

\*\*\*

- 2/16/2022



## UNNECESSARY RISK

Last night

I was browsing around  
on the internet a little  
on a spiritual themed discussion forum  
that I check out every now and again  
I saw a discussion  
started by a young woman  
she was saying that she felt compelled  
to try and communicate with her spirit guides but that she was worried  
about running into trouble  
opening the door to bad situations  
attachments....things along those lines  
but she kept saying  
that she felt compelled  
that she really wanted  
to communicate with her spirit guides

I actually see discussions  
like this all the time on the internet  
people ask if there's a safe way  
to communicate with spirits  
and often it's the same thing  
they want to communicate  
with their spirit guides

now I admit  
my opinion is a little biased  
based on everything that's happened to me since I was messing around  
with doing EVP recording back in 2015  
and everything that followed  
after the horrible psychic attack I experienced  
an ongoing attachment situation  
that I'm still dealing with to a degree  
specifically with this spirit  
this being ....this entity  
the female voice that I still hear day today  
the one that calls herself Crystal



when I see this kind of discussion  
on the internet  
especially when it's people asking  
if there's a safe way to communicate  
with their spirit guides  
I confess my opinion is a bit biased  
but perhaps it's the safer path in the end because I have seen situations like my own  
I have seen horrible attachment situations  
get started with people  
who were doing some form  
of spirit communication  
whether with a Ouija Board  
Automatic Writing.....EVP  
they thought that they  
were communicating with their spirit guides  
they weren't  
whoever they were communicating with  
was lying to them  
was deceiving them  
and eventually they attacked them  
with tormenting voices

So when I see these questions  
about there being a safe way to communicate my two cents is ....just don't don't try it  
it's not worth the risk  
because you don't know  
who you're communicating with  
I don't believe that there's any way  
to tell with certainty  
that's just my opinion  
based on my own experiences  
but there it is  
and you can be lied to  
you sure as hell could be lied to  
and you could walk right into a trap  
I know I've been there  
when I first started recording EVP's  
when I first started communicating  
with the voice that as I was hearing  
on my recordings  
everything seemed fine at first  
the voices seemed friendly  
they seemed very benevolent

I didn't sense any danger at all from them  
I wasn't even thinking  
about any possible danger

so when I was attacked  
when I started hearing the voices  
outside of the recordings  
and they proceeded to torment the hell out of me it certainly aught me off guard  
I wasn't expecting it  
I wasn't prepared for it  
it knocked me on my ass

I respect peoples spiritual beliefs  
absolutely.... I have my own  
I would say that they are not set in stone  
and they're subject to change  
as time goes on  
and I have more experiences  
and I learn new things  
but I have my spiritual beliefs  
and I respect the beliefs of others  
and I know that believing in spirit guides that we all have spirit guides is  
a very common belief these days  
I don't really have too much  
of an opinion about that

back in 2015  
during the worst days ...the darkest days  
when it seemed like my world  
was crumbling all around me  
when the voices were torturing me relentlessly around the clock.... day and night  
I would occasionally hear voices  
that seemed different  
these voices seemed to be trying  
to offer me help  
encouragement..... guidance  
they didn't stick around  
like the negative voices  
they just gave me a message  
and then I might not hear from them again  
for a few days  
but it was good to hear  
some kind of positive message  
it made a difference

it made me feel like  
I wasn't completely surrounded by darkness  
that there were other spirits around me  
that were there to help... and not harm me  
to this day  
I don't know who they were  
were they my spirit guides ?  
maybe.... I don't know  
but they helped me

I've often wondered  
if it was just a part of some deception  
if these beings  
were playing a game  
of good cop bad cop  
I think at times  
there might of been  
some of that going on  
but I don't think  
that was the case entirely  
some of these other voices  
they just seemed different  
and they did help me  
if it was a trick all along  
I guess it didn't work  
because they did help me  
they did offer me hope  
and inspiration to keep going  
and they were never intrusive  
that was the big difference  
the negative voices were relentless  
they would just talk and talk and talk  
and they didn't care  
how much I was suffering  
these other voices  
these benevolent voices  
they were not intrusive like that  
they said their message  
and then they left for a while

so who were they were they  
my spirit guides ?  
maybe .....I'd like to think so  
or at least that they were trying to help me



and guide me at that time  
in those darkest of days  
but I don't feel compelled  
to try and communicate with them now  
I know what the risks are now  
I know a lot more about the danger  
I'm still experiencing the after effects  
I don't think that I could ever be blindsided  
like I was back in 2015  
but I don't even want to take chances  
by trying to actively communicate again  
by trying something like EVP again  
if we all do have spirit guides  
I would think that perhaps  
they don't want us  
to put ourselves in danger like that  
perhaps we're not meant  
to communicate with them one on one  
perhaps they guide us  
in more subtle ways  
I would say that people  
could get along and live just fine  
without trying to talk with their spirit guides  
it's not a necessity  
if your guides are there  
they are there regardless  
of if you're trying  
to communicate with them or not  
but if you do try and communicate with them  
well ....this might just be  
throwing out an open invitation there  
regardless of who you're trying  
to communicate with on the other side  
you're still trying to communicate  
with the spirit realms  
and that will probably get noticed  
and it might not be your spirit guides  
that answer the invitation  
so sure..... I admit .....my opinion  
may be biased  
but I would say  
just leave it alone  
just go on living your life  
if your spirit guides are there

they know what they're doing  
just let them do what they do best  
and don't take unnecessary risk

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- 2/17/2022

## SHOUTS IN THE NIGHT

Last night was a rough one  
I'm sure that many of my poems  
start this way  
with that exact line  
but last night really was a rough one  
and this time  
it was because of this spirit attachment  
the female voice ....Crystal  
recently I have noticed  
that I've been getting hit  
with the shout attacks again at night  
when I'm in bed.... trying to fall asleep  
I was just hit  
with a very powerful one two nights ago  
a voice shouted right into my right ear  
I almost jumped out of bed  
it sent a jolt through my whole body  
and the shout seemed to echo  
there was something about this shout  
it just seemed different  
one thing in particular  
it didn't sound like Crystal's voice at all  
the voice sounded strange  
it's hard to even say if it was a female voice  
or a male voice  
but to me it sounded more  
like a male voice

for the past couple of years  
when I have heard other voices  
voices different from Crystal  
much of the time  
it is through these shouts attacks  
these shout attacks  
as I call them  
because they are clearly meant  
to deprive me of sleep

mostly when I get it with the shouts  
it is Crystal's voice I hear  
I can recognize it

and often when she shouts  
her voice sounds even clearer  
than how I usually hear her  
recently it seemed like  
she was hitting me  
with one powerful shout  
on the nights when she decided  
to hit me with this

in the past I noticed  
that sometimes I would get hit  
with these really powerful ones  
or sometimes they would be less powerful  
but there would be more of them  
I've always thought  
that with these shouts  
Crystal must exert  
quite a bit of energy  
sometimes she uses that energy  
towards one really powerful shout  
or sometimes it seems  
like she spreads it out a little  
where I get hit with multiple shouts  
not as strong.... but more of them

last night was a night  
when I was getting hit  
with more of them  
I probably got hit  
with at least five or six shouts  
and I remember  
that a few were pretty close together  
from what I recall  
each time it seemed to be Crystal's voice  
where the night before  
it did not sound like Crystal's voice at all  
so it seems like Crystal  
and perhaps some of her friends  
might be going back to using  
these shouts on a regular basis  
this is not good news for me obviously  
with the shouts  
there isn't really much I can do about  
it except take more sleep-aid

which I don't really consider to be a good thing it's not like when  
I'm hearing her voice in the regular manner  
at least then there's a chance  
that I can block it out  
direct my focus on something else  
so that I don't hear it that much  
sometimes I can do this  
sometimes I can't  
but there's at least a chance  
when I get hit with the shouts  
there's no blocking it out  
there's no ignoring it  
they are much too strong

I find all of this  
even more unfortunate  
because prior to a few months ago  
I had gone the better part of the year  
where it seemed like things  
were improving quite a lot at night  
it seemed like the tide  
had finally turned in my favor  
in the battle of sleep  
I went the better part of the year  
without taking any sleep-aid at night at all  
most nights I would fall asleep  
within twenty minutes  
it seemed like the nights  
where I would lose hours of sleep  
or sometimes even a whole night of sleep  
we're finally gone  
this has been such a major aspect  
throughout my attachment situation  
this struggle to hold a decent sleep routine

when I get into bed at night  
Crystal doesn't stop her intrusions  
she doesn't stop her harassment  
and this caused  
serious problems for me for a long time  
for the better part of five years I  
would take a sleep-aid every night  
in the hope that I would pass out quickly sometimes it helped me  
sometimes it didn't

and in the morning  
it often felt like my head was in a fog  
the sleep-aid hadn't worn off yet completely  
it was like waking up each morning  
with a mild hangover  
but I didn't know what else to do  
if I went without it  
I would lose a lot of sleep  
or the nightmares would come back  
I hesitated for a long time  
to even try to go without it  
but about a year ago  
I decided to finally give it a try  
to see what would happen  
and I was actually surprised  
by how well things went  
how easy it was  
yes....I was still hearing Crystal's voice at night and still feeling the physical sensations  
but it was nothing too extreme  
it was nothing that kept me awake for hours most nights I was asleep... or close to it  
within twenty minutes  
this was good news..... great news  
this was a major shift in my situation  
in my favor

and then about three months ago  
this depression ....this mental fog hit me  
and the real kicker here is  
I don't believe  
it has anything to do with Crystal  
at least not directly  
I don't think she was the cause of it  
I was just reflecting on a lot of things  
where my life is at these days  
where it could have been  
I was thinking a lot of the past  
I was thinking a lot about lost friendships  
lost relationships .....regrets  
this was really bad luck for me  
just when it seemed  
like things were improving to a significant degree this feeling of sadness and despair  
just came along and sabotaged it  
  
yes ....I don't think

Crystal brought this about  
but she has certainly  
taken advantage of the situation  
the things that I'm hearing her say  
are relating to these thoughts  
that are going through my mind  
she's making mind games  
and storylines out of them  
it was some bad luck alright

so here I am  
I'm still going through this depression  
I'm still in this mental fog  
but I will say  
it seems to be starting to get better at least  
it's not as bad as it was a month ago  
then I would come home from work  
crawl into bed very early  
just because I wanted to fall asleep  
I didn't want to be awake  
having these thoughts  
these regrets  
these bad memories  
going through my mind  
it's not gone completely  
but it seems like it's starting to fade away

last night's incident with the shouts  
that was more of just  
the regular old situation  
Crystal's the culprit again  
not my depression  
not my bad memories  
it feels like I should say  
that this is good news  
but of course it's not  
sometimes in a situation like this  
it's just bad news all around  
and you take your pick

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## IT'S SUNDAY

It's Sunday  
my day off from work  
now it's my only day off from work  
until next winter  
this weekend  
I had to go back to working on Saturdays  
it was nice having two days off  
from work while it lasted  
I enjoyed it  
it really does make a difference  
in resting up for the week

earlier this afternoon  
I went to lie down in bed  
just for a little bit  
I was feeling a bit tired  
and I had to recharge my phone  
before I went out to run some errands  
so I just got into bed  
I didn't want to fall asleep  
I knew if that happened  
I could end up  
sleeping through the day  
that has happened to me  
a number of times

sometimes what prevents this  
from happening  
is the presence  
of this entity attachment.... Crystal  
that is essentially  
what happened this afternoon  
I got into bed  
I was starting to drift off towards sleep  
just starting to  
I was hearing Crystal's voice  
chattering the whole time  
but that wasn't really



bothering me too much  
I'm used to that  
suddenly I felt a presence  
land on the foot of the bed  
and then I felt a presence  
moving up my legs  
then it went over  
and moved up my right arm  
then my right shoulder  
until the presence  
was right next to my right ear  
it was Crystal  
and I wasn't just feeling her presence  
moving on my body  
I was feeling it moving on the bed  
I could hear the movement on the bed  
I could hear the blankets move  
I could hear the mattress springs  
as they were pressed down just a little  
by the slight weight of this other presence

that was enough  
to pull me back from the brink of sleep  
I didn't want to fall asleep anyway  
if anything should I be thanking  
Crystal for this disturbance  
I don't know if I'd go that far  
but it was another example  
of how I not only felt her presence  
in a very direct  
a very pronounced ....physical way  
but sometimes  
I can feel her presence  
effecting other objects  
such as when I heard her  
moving on the bed  
I felt the blankets move  
I heard the mattress springs move  
I know some would say  
I'm just experiencing hallucinations  
tactile hallucinations  
but I perceive this presence  
not just on my own body  
but on other objects

usually it's slight  
just feeling some blankets move  
or the mattress springs move  
but there have been  
occasions in the past  
where it was not so slight  
I remember one occasion  
back in April of 2015  
this was during what I call  
"my two weeks of hell"  
this is where my situation  
was at its worst  
I was in my bathroom  
and then I heard a knock  
on the bathroom door  
I was living alone at the time  
there was nobody else there  
though this is when  
the psychic attack was at its peak  
so I knew that in truth  
I wasn't really alone  
I was in the bathroom  
and I heard a loud knock  
on the bathroom door  
I opened the door  
there was no one there  
I walked down the hallway  
towards the front door of the house  
and right then and there  
the front door slammed open violently  
I remember that this  
was a calm spring day  
it wasn't windy  
the weather was actually very mild  
but the front door slammed open so  
here was a more extreme case  
of me perceiving these entities  
affecting other objects

luckily ...I haven't experienced anything  
that extreme since 2015  
I've often wondered  
how they could do that back then  
but that hasn't happened since

my theory is that back then  
since my emotions were such a mess  
since I was feeling such fear  
anxiety ....dread  
I was putting all this energy out there  
all of this emotional energy  
I think perhaps this gave them the strength  
the power ...the ability  
to slam the door open  
but since I've gotten  
a better handle over my emotions  
I don't experience  
the more extreme stuff like that anymore  
I can't be certain of course  
but I think this may be the case  
I was certainly  
putting off a lot of bad emotional energy  
at that time  
a lot of anxiety  
a lot of dread  
and if this is the kind of energy  
they need to pull these stunts  
well they had plenty of it

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- 2/20/2022

## MY BAD DAYS

I'm not going to start this poem  
by saying last night was a rough one  
actually I don't think it was  
nothing eventful happened  
so I got a break for once

I'm going to start this poem  
by saying today was a rough one

on some days  
the presence of this voice  
still gets to me  
still aggravates the hell out of me  
this is one of those days

this female voice  
the voice of this spirit attachment  
the one that calls herself Crystal  
has just been getting to me all day  
she hasn't really  
been saying anything out of the ordinary  
so it's not really  
what she's saying  
that's getting to me  
I generally don't give a shit  
about what she says anyway  
it's just one of those days  
where I feel like being normal  
I feel like being  
like I was before all this started  
I know that my life  
is not the same  
I know that my life  
is very different now  
but it's just one of those days  
where I don't want it to be different anymore  
I want this whole situation  
to be over and done with

just through my thoughts  
which is as good  
as speaking out loud to Crystal  
I even asked her today  
why can't we just settle this  
once and for all  
let's just have a dual  
a showdown ....a fight  
with swords ....pistols  
tomahawks..... whatever  
you want I should just settle it

and be done with it  
I don't care if I win or not  
I just want to settle it  
and be done with it  
it's this ongoing sadistic torment  
that gets to me  
this ongoing sadistic intrusion  
into my life  
by the spirit attachment and her voice  
it's not a fair fight  
not even close  
I know she can't materialize enough  
for us to battle it out  
and right now  
that's really a damn shame  
because I would love to settle this  
once and for all  
but that's not how it goes  
with this type of situation

so let me add this to the warnings  
that I so often give  
about messing around  
with the paranormal  
the occult  
trying to talk to the spirit world  
I know that many people  
can take up these pursuits  
and be fine  
for some it's their passion  
they love doing  
this sort of thing  
no .....it doesn't go this horribly bad  
for everybody  
but there's that risk  
especially if you're just deciding  
to start out with this  
there's that risk present  
how do you know  
that you won't be a part  
of that small percentage  
that this shit will just wreak havoc in your life  
how do you know  
that you're not going

to get hit with spirit attachments  
and you have to look beyond  
the simple terms here

that's what I try to do here with my writing  
I try to show what it's like  
show some of the details of what it's like  
well ....some days it really sucks  
you've got this attachment  
it's just out to harass you  
to torment you  
to drive you crazy  
you want to fight back  
you want to fight it out  
and be done with it  
win or lose ...it doesn't even matter  
you just want it settled  
but they don't play by those rules  
they just keep talking  
and talking  
and harassing  
and harassing  
on and on and on and on  
most days this attachment  
doesn't get to me this much  
at least not anymore  
but it still happens  
I still have my bad days  
I still have my bad nights  
yes...I still have my bad days  
and when I have these bad days  
they still really suck for me

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- 2/21/2022





## THE CHOICE

I met someone recently... online  
and I've been corresponding with them  
for the past two weeks or so  
it's a young woman  
whose life is also plagued  
by hearing intrusive voices  
she to believe  
it's a spiritual situation in her case as well  
I never try and push that opinion on anyone  
I've always said  
it's a very personal experience  
so we might each have our own outlook on  
it for myself  
I've known from the beginning  
that these voices that I've heard  
are not me  
that they don't originate from me  
that they are not hallucinations  
for one thing  
I started hearing them  
after I was communicating with them  
through EVP recording  
for a couple of months  
during the winter of 2015  
I was only hearing them  
on recording at first  
prior to that  
I had never heard voices in my life

this female voice  
that still harasses me today ...Crystal  
I first heard her voice  
during the second month of my recording  
I first heard her voice  
on my EVP recordings  
and she sounded exactly the same  
on the recordings



as she does now  
I've always known  
that there was something mysterious  
going on here  
perhaps that's why  
I've experienced  
so many other things  
like when these spirits  
were messing with my phone  
when they left voicemails for me  
when they were banging on walls and doors  
and that time  
that they slammed open my front door  
I would say in my case  
they never really tried  
to pass themselves off as hallucinations  
I think for me  
the cat was out of the bag  
from the start  
and it seemed to me  
that they very much wanted me to know  
that they were real

so I've been corresponding  
with this young woman  
she's been hearing voices  
for quite a long time  
and she's deeply troubled by them  
the things they say  
have an effect on her in a bad way  
so I've been trying to help her out a little  
by telling her the things  
that I believe helped me out  
she was telling me  
how she's afraid of what the voices tell her  
how she believes some of their claims  
their stories  
and I told her  
step one is stop doing that  
do not believe anything  
you've been hearing them this long  
so you know they lie  
you know they're full of shit  
you know that they'll say

just about anything  
to get the desired reaction out of you  
you know that they know all about you  
that's their strength  
they know your thoughts  
they know your fears  
they know your memories  
yes they know all about you  
and unfortunately  
they have that advantage  
yes... that is their strength  
but our strength is  
we don't have to give a shit  
about what they say  
we don't have to believe in what they say  
we don't have to place  
any significance at all in it  
yes.... we may still hear them  
but that doesn't mean  
that we have to listen to them  
that doesn't mean  
that we have to believe them  
they want us to believe them  
they want us to be afraid  
they want us to fall for their lies  
they want to dominate us  
they want to manipulate us  
but we don't have to let them  
we have a choice  
and no matter how powerful they seem  
through their illusions and trickery  
they can't take that away from us  
they can't take that choice away from us  
we don't have to believe them  
we don't have to place significance  
in anything that we hear from them  
we don't have to listen to them  
we still have that choice

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## ON THE OPINIONS OF THE VOICES

I was just corresponding  
with a young woman  
who also hears intruding voices  
asshole voices  
voices that insult her  
criticize her  
tell her she's worthless  
that she should kill herself  
she was asking for advice  
I wish that I could tell her  
how to make them go away for good  
I wish I knew for myself  
but all I could tell her  
is what has helped me  
and I told her  
that I still struggle with this condition  
I still have my bad days  
the voices still get to me sometimes  
but I don't let their insults get to me  
I'm not impacted by their judgments  
I don't care what their judgments are

I told this young woman  
that in the beginning  
the voices would really get to me  
I was scared of what they were saying  
I was hurt by what they were saying  
but over time  
my mindset changed  
over time I began to see  
more and more  
what these voices were really all about  
they don't really give a damn about me  
or what I do  
they don't even give a damn  
about their own opinions of me

they have an agenda  
they're doing what it is they do  
and these voices often tell me  
how superior they are  
but if they are superior  
then they can keep it  
I don't want to be superior like them  
I am nothing like them  
and in truth  
I don't regard them as superior at all  
sure they have some impressive abilities  
when it comes to the psychic stuff  
but morally  
they are very much inferior to me  
morally I'm better than them  
whatever faults  
and issues I may have ...or had in the past  
doesn't hold a candle to them  
I don't come anywhere near them  
they choose to spend their existence  
being sadist....tormenting people  
with their incessant chattering  
when I hear the voices insult me  
I just think to myself  
who are they to insult me  
what makes them so special  
the answer is nothing  
they are nothing special  
I shouldn't care what they say  
I shouldn't place any significance in it  
it doesn't matter to me  
and I'm not saying this  
just to be spiteful  
if I heard something different from them something more positive  
well then I might have a different outlook  
but so far ..it's just been more of the same  
over and over  
and I don't let it get to me anymore  
yes I still have my bad days  
because for whatever reason  
I still have this ability to hear them  
I don't want this ability  
I wish I could get rid of it  
I'm working on that

but it doesn't come that easy  
you can't turn it off  
like you turn off a light switch  
no... I wish that you could  
I really do

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- 2/23/2022